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# Village Press



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The Newsletter for Village Apartments

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## Celebrating November

**Aviation Month**

**Native American Heritage  
Month**

**Family Stories Month**

**Peanut Butter Lovers' Month**

**All Saint's Day**  
*November 1*

**Veterans Day &  
Remembrance Day**  
*November 11*

**Homemade Bread Day**  
*November 17*

**Game and Puzzle Week**  
*November 21-27*

**US: Thanksgiving Day**  
*November 25*

**Square Dance Day**  
*November 29*

**Mark Twain's & Winston  
Churchill's Birthday**  
*November 30*



## Seatbelts Save Lives

JCHC resident Marvin Strauss is a man with a mission. He has been diligently canvassing politicians both locally and state wide to change laws to insure that passengers as well as bus drivers be provided with seat belts while riding on charter or tour buses.

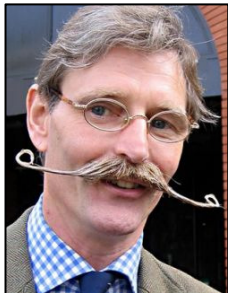
Strauss, who resides at Village Apartments in South Orange, is committed and passionate about getting laws changed in the State of New Jersey to protect citizens who must take public transportation. "Danger exists on the highways for us" says Strauss. "For example, many senior citizens regularly take the bus from their local community to go to Atlantic City. On these trips the only individual offered the protection of a seat belt is the bus driver. All of the passengers must ride at their own risk".

There have been many instances where passengers were injured when accidents have occurred on buses headed to, or from, Atlantic City. The danger to individuals riding on the State's highways without the protection of a seat belt is real. In 2007, former State of New Jersey Governor, John Corzine himself was riding on the Garden State Parkway and suffered severe injuries when an accident occurred in which he was not wearing a seat belt.

In recognition of the need to resolve this issue, in 2006, the European Union which represents 27 different countries mandated that all tour and charter buses must have seat belts for each passenger. The United States has not followed the same course. "Even though the law mandates that every school bus must have seat belts for the protection of our children," says Strauss "Why does the same not apply to our seniors, who are primarily the ones who take public transportation to Atlantic City?" Strauss urges all individuals that share this concern to write letters or call their local Senator or Congressional Representative about this important issue.

## Grow a Mo, Man

This just in: November has been renamed Movember – well, at least according to Australia’s Movember Foundation. Movember is a combination of the words moustache and November. Every November, men are invited to



grow a moustache to raise money and awareness of men’s health issues such as prostate cancer, testicular cancer, and depression. It’s time to put away the razor and shaving cream and support a good cause.

The Movember movement began in 2003 when a couple of friends were inspired by the women’s health movement and its famous pink ribbon. They thought, “Why not have a health movement for men?” And what better way to show your support than grow that most masculine of facial hair, the moustache?

Every participant shaves his upper lip clean on November first. For the next thirty days he will be known as a Mo Bro, and he will grow and groom the most beautiful moustache he can. Each time a person remarks on his fabulous moustache, he will have an opportunity to explain how important it is to get checked for prostate and testicular cancer, and he will break the silence that often accompanies male depression. Mo Bros also raise donations for the Movember Foundation. Last year, 125,000 participants raised over \$8,000,000.

Since 2003, Movember has expanded to New Zealand, the United States, Europe, Canada, and South Africa, and has raised \$47,000,000 in total. Come December, cities all around the world host Movember Gala Parties, and all participants attend and show off their mighty moustaches. You can grow a “mo” alone or form a team. Whoever raises the most money is known as the Mo Mo. The man with the best moustache wins the title International Man of Movember. All Movember long you can raise funds and fun.

## High Holidays at JCHC

I would like to thank the Management and the Chaplaincy for being instrumental for providing us with such wonderful Rabbis who conducted very beautiful and meaningful services for the High Holidays at JCHC.

Even though I belong to a Shul outside of this building a few of my friends and I attended quite a few of the services.

If you never went to a Synagogue service, it’s never too late to start.

*Jewish Federation Plaza Resident  
Ilsa Frank*

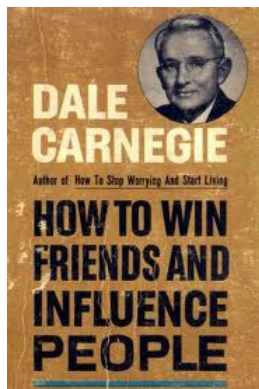
## November’s Harvest



Although November grows cold in the Northern Hemisphere, there are still a surprising number of fruits and vegetables that can spring from a November garden. With Thanksgiving just around the corner, you can consider which November-harvested fruits and vegetables to serve on your holiday table.

Spinach hates the heat and is often the perfect cool weather vegetable to grow. But other vegetables, too, actually improve their taste with a little frost – like kale varieties with wintry names like Winterbor and Red Russian. Swiss chard is both delicious and beautiful, with colors of silver, gold, orange, pink, and red. Brussels sprouts are a slow-growing crop that needs the cool weather of fall and early winter. It’s also time to start planting crops that will stay in the ground over winter and be ready to harvest in early spring. Garlic, shallots, beans, and peas are best.

## The Father of Self-Help



Dale Carnegie was born on November 24, 1888, as the son of a poor Missouri farmer. By 1914 he was earning the equivalent of \$10,000 a week as a motivational speaker. In 1937 he published his famous book, *How to Win Friends and Influence People*, which would

become the first and greatest self-help book of all time. For over seventy years Carnegie's advice has inspired people to be confident and charismatic leaders.

Many people list public speaking as one of their worst fears. Carnegie believes it is because people lack self-confidence. His key to overcoming this fear is to improve human relationships. In the book, Carnegie lists six simple ways to make people like you:

1. Become genuinely interested in other people.
2. Smile.
3. Remember that a person's name is to that person the sweetest and most important sound in any language.
4. Be a good listener. Encourage others to talk about themselves.
5. Talk in terms of the other person's interests.
6. Make the other person feel important and do it sincerely.

Unfortunately, not everyone agreed with Dale Carnegie's philosophy. Immediately after Carnegie's book was published, a comedian named Irving Tressler published his own book entitled *How to Lose Friends and Alienate People*. Smiling? What good is that? Tressler offers, "Take my course for six weeks and develop a frown." As you can imagine, Tressler's book has not sold the fifteen million copies that Carnegie's has and is no longer in print. Perhaps Tressler should have read Dale Carnegie's book?

## New York's Lost Landmark

New York City's Pennsylvania Station opened on November 27, 1910. The train station was hailed as a masterpiece, an architectural jewel, and a temple to transportation. It was made of pink granite and lined with strong columns. Its interior was the size of St. Peter's Cathedral in Rome, one of the largest public indoor spaces in the world. Hundreds of trains arrived and departed daily, whisking passengers off to Chicago, St. Louis, and beyond. Penn Station was the greatest train station in the world.

By the 1950s, travel by train had shrunk as passengers began to travel by airplane and by car along the new interstate highway system. The Pennsylvania Railroad company could not afford to maintain such a monumental structure as Penn Station, and the majestic station's demolition began in 1963 to make way for Madison Square Garden. But New York took the loss hard, and many vowed to protect the city's other architectural landmarks. In 1965 a Landmarks Commission was created that would preserve the Empire State Building and Central Park.

## Race Across the Sea



Commissioned on November 22, 1869, the *Cutty Sark* is the only remaining clipper ship from the 1800s. The trading ship was built for speed, designed to race across the globe from China to England, transporting the first tea of the year. The tea trade was incredibly competitive, and the *Cutty Sark's* chief rival was the *Thermopylae*. In 1872, both ships left Shanghai on the same day, loaded with tea, but two weeks later the *Cutty Sark* lost her rudder near Java. The hobbled ship arrived only a week after the *Thermopylae*, lending the *Cutty Sark* legendary status as one of the world's fastest ships.

## Chair Yoga at Village Apartments

In October, Village Apartments Residents were urged to strengthen mind and body by participating in the free Chair Yoga class which took place on alternate Wednesdays at 9:30 a.m. during the month of October. All residents are invited to benefit from this healthy, healing form of exercise. A note of caution: Be sure to check with your doctor before undertaking any new form of exercise.



**HAPPY BIRTHDAY**

**Nov 3:  
Thelma Jakel**

**Nov 7:  
Rose Bodzin**

**Nov 11:  
Hyman Goldberg**

**Nov 14:  
Patricia Bryant**

**Nov 29:  
Albin Kubulis**

# WELCOME

**New Village Apartments  
Residents:**

**Myrial Fields  
Hyman Goldberg  
Patricia Bryant  
Pearl Gordon**

## **November JCHC University Courses**

The month of November promises to be fun and informative for participants in the JCHC University. Each Monday during the month of November at 2:00 p.m., free courses are available to all JCHC residents. Transportation will be provided for anyone interested in attending a class. You may sign up for participation at the bulletin board across from the office.

**November 1<sup>st</sup> “Opera & Broadway Musicals” @ Lester**

**November 8<sup>th</sup> “Art of Jewelry” @ Lester**

**November 15<sup>th</sup> “Keep the Past Alive” @ Towers**

**November 22<sup>nd</sup> “Preventing Falls @ Towers**

**November 29<sup>th</sup> “High Line of NY” @ B’nai Brith**

## **Kid’s Cookies n’ Concerts**

All residents are invited to attend the Kid’s Cookies n’ Concert event which will take place in the Village Apartments dining room on Tuesday, November 9<sup>th</sup> at 8:00 p.m. This event is sponsored by the children of Temple Sharey Tifelo Israel.

All residents are urged to come out to show their appreciation for the hard work that these talented children are making on our behalf.

# November 2010 Village

Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <b>11:15 Temple Sharey Tifelo-Golden Generations</b> 1:30 BINGO <b>2:00 JCHC University "Opera &amp; Broadway Musicals" @ Lester</b> 4:30-6:00 DINNER</p>	<p>2 9:15 Exercise 10:45 Pathmark <b>12:00 Congregate Lunch</b> 1:00 Bridge 7:00 Movie</p>	<p>3 <b>10:30 Essex Green &amp; Kmart</b> <b>11:00 Crosswords</b> <b>1:00 Linus Knitting Project</b> 2:00 CURRENT EVENTS 4:30-6:00 DINNER</p>	<p>4 9:15 EXERCISE <b>10:45 Lunch Pancake House</b> <b>12:00 Congregate Lunch</b> 7:00 BINGO</p>	<p>5 <b>10:30 Sociology</b> <b>Program with Roseanne Barr</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER</p>	6
<p>7 <b>GLOBAL DAY OF LEARNING JCC Programs 10am – 2:30 pm</b> 1:30 MOVIE 7:00 MOVIE</p>	<p>8 1:30 BINGO <b>2:00 JCHC University "Art of Jewelry" @ Lester</b> 4:30-6:00 DINNER</p>	<p>9 9:15 Exercise 10:45 Shoprite <b>12:00 Congregate Lunch</b> 1:00 Bridge <b>8:00 Kid's Cookies n' Concerts Temple Sharey Tifelo</b></p>	<p>10 9:30 Chair <b>Yoga2nd Fl 10:30 Rt 10 Macaroni Grill</b> <b>11:00 Entertainer Don Anthony</b> <b>1:00 Linus Knitting Project</b> 2:00 CURRENT EVENTS 4:30-6:00 DINNER</p>	<p>11 <b>Veteran's Day</b> 9:15 EXERCISE <b>12:00 Congregate Lunch</b> <b>1:30 Veterans Day Speaker Chaim Lauer at Plaza</b> 7:00 BINGO</p>	<p>12 <b>10:30 Accordion Music with Eric</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER</p>	13
<p>14 1:30 MOVIE 7:00 MOVIE</p>	<p>15 <b>12:15 JCC Rose Rosen Concert</b> 1:30 BINGO <b>2:00 JCHC University "Keep the Past Alive" @ Towers</b> 4:30-6:00 DINNER</p>	<p>16 9:15 Exercise 10:45 Pathmark <b>12:00 Congregate Lunch</b> 1:00 Bridge 7:00 Movie</p>	<p>17 <b>10:30 Bernie &amp; Sheila Travel Slides 10:30 Livingston &amp; Shorthills Malls</b> <b>1:00 Linus Knitting Project</b> 2:00 CURRENT EVENTS 4:30-6:00 DINNER</p>	<p>18 9:15 EXERCISE <b>10:30 Trader Joes 12:00 Congregate Lunch</b> 7:00 BINGO</p>	<p>19 <b>10:30 Martha Washington with Marty Alboum</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER</p>	20
<p>21 <b>Maturity Expo</b> 1:30 MOVIE 7:00 MOVIE</p>	<p>22 1:30 BINGO <b>2:00 JCHC University "Preventing Falls" @ Towers</b> 4:30-6:00 DINNER</p>	<p>23 9:15 Exercise 10:45 Shoprite <b>12:00 Congregate Lunch</b> 1:00 Bridge 7:00 Movie</p>	<p>24 9:30 Chair <b>Yoga2nd Fl Office Closes 1:00pm</b></p>	<p>25 <b>Thanksgiving Office &amp; Dining Room Closed</b></p>	<p>26 <b>10:30 Jazz in Kansas City with Bob Gold, 2<sup>nd</sup> Floor</b> 1:30 RELIGIOUS SERVICE 4:30-6:00 DINNER</p>	27
<p>28 1:30 MOVIE 7:00 MOVIE</p>	<p>29 1:30 BINGO <b>2:00 JCHC University "High Line of NY" @ B'nai Brith</b> 4:30-6:00 DINNER</p>	<p>30 9:15 Exercise 10:45 Pathmark <b>12:00 Congregate Lunch</b> 1:00 Bridge 7:00 Movie</p>				